

Women and Anger: The Problem with Aggression

(WIN/PAR)

A 10 week group program

Location: The Catholic Family Development Centre, 330 Dufferin St., Thunder Bay

CFDC will provide a safe space for women to explore actions and patterns that are damaging and self-destructive. Women will be supported to look at the power of anger, and ways to express it effectively.

To register, please contact Jon at 343-4553, or our admin desk at 345-7323 (press "0" to reach admin)

Group Start date: March 21, 2019

Group Fee: \$500 for 10 sessions (alternate payment arrangements can be considered)

Bus passes to and from CFDC can be provided.

Child care, unfortunately, is not available on site.

